

SPORTS & FITNESS

B SECTION

On Post

Labor Day Softball
A tournament will be held Sept. 12-13. Entry fee is \$100 and deadline to register is Sept. 10. Tournament is limited to 20 teams with 15 players per team. For more information, call 767-8328 or 352-6749.

Soccer League
The Fall six-man soccer league registration deadline is Sept. 22. Games will be played on Mondays and Wednesdays. Each company will be allowed one team and should submit entries to Sports Director's office.
For more information call 767-8328 or 352-6749.

Army Ten Miler
Tryouts are 6 a.m., Saturday, Aug. 23, at Donovan track, Fort Stewart. Open to active duty soldiers only. For more information call 767-8238 or 352-6749.

Golf Scramble
1/351 Aviation will present the 5th Annual Nighthawk Classic Tournament at Taylor's Creek Golf Course. It will be a four-man team format open to all golfers on Sept. 19. Sign-in is 7:10 a.m. and shotgun start is 8 a.m.
All golfers/teams must pre-register by Sept. 17. For more information call 767-0787/2370 or 844-0577.

Sports Commissioners
The sports office at Fort Stewart and Hunter are looking for volunteer commissioners for flag football, softball, basketball and volleyball. For more information call 767-8238 or 352-6749.

Driving Range
The putting green is being enlarged from 4,800 sq. ft. to 14,000 sq. ft. The teeing area and short game practice facility is also being enlarged and renovated. The projected opening date is late September.

Operation Star
All ages needed for future stars. If you are a dancer, singer, band member, cheerleader, break dancers, steppers, rappers and other organization are invited and welcome. For more information please call 767-4491/4493.

Lotts Island Marina
Equipment Rental Center is open Mondays, Thursdays and Fridays 11 a.m. to 5 p.m. and Saturdays, Sundays and holidays 7 a.m. to 3 p.m.
For more information call 352-5974.

Hunter Skeet Range
Open Saturdays 9 a.m. until noon, Thursdays 4-9 p.m.. Hunter Education course is required for on-post hunting permit. Please call 352-2734.

Off Post

Hardeeville Speedway
The Hardeeville Motor Speedway is inviting 31D soldiers to celebrate Labor Day weekend at the world's finest short track.
The first 1,000 active duty military will be admitted free. Saturday, Aug. 30, gates open at 5 p.m., qualifying at 6:30 p.m. and National Anthem at 7 p.m.
There will be plenty of food, beverages and fun for the whole family. For more information call the Speedway at 843-784-7223 or visit their website at www.hardeevillespeedway.com

Liberty County YMCA
Register now for the following sports and programs:
• Youth soccer ages 3-10
• Adult co-ed flag football league
• Adult 6v6 soccer tournament
• Adult co-ed basketball tournament
• Gymnastics and cheernastics.
For more information call 368-5311.

If you're interested in having your sports articles, commentaries or briefs posted in The Frontline, call 767-3440, or fax at 767-5979. Deadline is noon on Fridays.

'A course for all seasons ...'



Sgt. Sam Hoffman

Hole no. 17 — the signature hole at Taylor's Creek Golf Club. The 150 yard par 3 has a severely sloped green, making any two-putt difficult to even the most experienced golfer.

Taylor's Creek offers 'pro' golf experience

Sgt. Sam Hoffman
Staff Writer

According to a study by the United States Golf Association, the "royal and ancient game" is one of the fastest growing in the world. Billboards for courses line nearly every major highway in the country, and khakis and collard shirts are an accepted form of casual dress among people of all ages.
Golf is no longer exclusive to the affluent and selectively bred. It sometimes seems that way, though, because greens fees can be more than \$200 at many popular resorts, and memberships at private country clubs have yearly dues into the six-figures, more than most company grade officers can afford.
Taylor's Creek Golf Club here at Fort Stewart offers all the amenities of a municipal golf course, without the high price and discouraging hassle of trying to get a reasonable tee-time. Fees begin at \$11 for junior enlisted and progressively increase by pay grade.
"We try to get families together. There's no better way to get closer as a family, than by playing golf," said Tommie McArthur, director of

golf and PGA member. In order to encourage this, a junior golf program has been emplaced.
"It's a game for all ages, a game of a lifetime," he said. Many enjoy the sport well into their eighties.
Fall is approaching, and cooler temperatures make it more comfortable to walk the course. Walking provides an excellent low-impact workout that builds endurance and tones muscles, said Dr. Brian Rind of Long Island, N.Y.
McArthur said that Hunter Army Airfield units are working golf into physical training schedules. Other units interested in participating in such activities can contact the staff at either course.
"Golf is relaxing too. After the stress of a deployment, you can come out and play golf. We have a troops tune-up where soldiers can get free help from (Charlie Dobbertin, PGA) our pro. The staff at Taylor's Creek is here for them,"

McArthur said. The course offers a free clinic every weekend, and he cautioned beginners about trying to teach themselves.
It frequently results in an ugly, contrived, inconsistent golf swing that is embarrassing to look at.
"One of the great things about Georgia is that you can come down and play golf 12 months, in contrast to northern golfers who lose their swings every winter," he added.
Tommie McArthur, PGA Director of Golf
Taylor's Creek is also in the process of a beautification designed to take away the "parade field" look of the front nine and enhance aesthetics.
"We're trying to add color and structure to the golf holes. It'll become a more challenging and exciting golf course, but we aren't going to alienate those with average playing ability," McArthur stated.
The full effects of the beautification won't be noticed for a few years when the trees and bushes fill in.

He also stressed that golf is more than a sport. It's an investment. A round of golf is great for getting to know your boss or establish a larger customer base for people who work in sales after leaving the military.
Taylor's Creek is very military oriented, and McArthur encourages units and family readiness groups to set up events. Golfing builds unit cohesion.
"It's a great morale booster," he said.
McArthur is so interested in hosting units that commanders and sergeants major don't even need to go to the club to register.
"We want to set you up. All you have to do is call, and we'll come down to your office with a tournament plan," he said.
The club boasts a grass driving range, practice green, snack bar and a pro-shop that supplies all of a golfer's needs including shoes, clothes and the brand new Titleist Pro Vx golf ball.
McArthur added, "It's a fun course. Come out and see us."
Taylor's Creek opens every day at 7 a.m. For more information on the course, lessons or tournaments, call 767-2370.

"There's no better way to get closer as a family, than by playing golf."

Officer earns Olympic berth at Pan Am Games



Tim Hipps

1st Lt. Anita Allen, a member of the U.S. Army WCAP at Fort Carson, Colo., displays the Stars & Stripes along with her gold medal after winning the women's modern pentathlon in the 2003 Pan American Games at Santo Domingo, Dominican Republic. She is the first WCAP member to earn a berth in the 2004 Summer Olympics at Athens, Greece.

Tim Hipps
Army News Service

SANTO DOMINGO, Dominican Republic – First Lt. Anita Allen became the first member of the U.S. Army World Class Athlete Program to earn a berth in the 2004 Summer Olympics by winning the women's modern pentathlon Aug. 11 in Pan American Games XIV.
Allen won the gold medal in the grueling, five-sport, daylong event with 5,268 points. Brazil's Samantha Harvey, one of Allen's neighbors in Colorado Springs, Colo., won the silver medal with 5,256 points, and Olympian Mary Beth Iagorashvili of Munkwanago, Wis., took the bronze with 5,220 points.
Allen, 25, a member of the medical service corps from Star City, Ind., dedicated her emotional victory to West Point classmate 1st Lt. Leif Nott, who died July 30 during an attack on U.S. forces in Iraq.
"The entire time I was thinking 'This is for Leif, this is for Leif. I'm gonna do it,'" said Allen, who finished second in shooting,

11th in fencing, sixth in swimming, second in equestrian riding and first in cross-country running during the grueling one-day event.
Nott was never far from Allen's mind as she lowered her personal best in the swim by six seconds and delivered the equestrian ride of her life aboard Carmia, who minutes earlier refused three jumps, posted several knockdowns and threw Mexico's Karina Morales to the ground.
Allen finished runner-up to Canada's Monica Pinette in shooting and then struggled in fencing, starting 0-6 before regrouping for nine victories and 13 defeats in two matches against each competitor.
"At least I salvaged some momentum to take to the pool," she said.
Allen began swimming toward gold with a time of 2 minutes, 27.19 seconds in the 200-meter freestyle, good for 1,156 points.
"Everything felt so easy in the water," she said of her personal best in the event.
Little did Allen know the

Marne Scoreboard

Aerobics

Newman Fitness Center Aerobics schedule

Mondays	
Latino Rhythm	7:30 to 8:30 a.m.
Busy Feet Workout	9 to 10 a.m.
	4:30 to 5:30 p.m.
Tuesdays	
Butts and Gutts	7:30 to 8:30 a.m.
Basic Training Workout	9 to 10 a.m.
Cardio-Stepping	4:30 to 5:30 p.m.
Wednesdays	
Caliente	7:30 to 8:30 a.m.
Cardio Kick-boxing	9 to 10 a.m.
Step-kicking	4:30 to 5:30 p.m.
Thursday	
Basic Training Workout	9 to 10 a.m.
	4:30 to 5:30
Fridays	
"Master C" Workout	7:30 to 8:30 a.m.
"Killer Friday"	9 to 10 a.m.
	4:30 to 5:30 p.m.
Saturdays	
"Pick Your Poison"	9 to 10 a.m.

Hunter Fitness Center Aerobics schedule

Mondays — 6 to 7 p.m.	
Cardio-Stepping	Cardio-Kicking
Buns/Thighs Weights	AB Work Stretch
Wednesday — 6 to 7 p.m.	
Cardio-Stepping	Low Impact
Jump Rope	Weights
AB Work Stretch	
Fridays — 6 to 7 p.m.	
Fun Fridays	Party Dance
Yoga Stretches	

Tournaments

Labor Day Softball

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Army vs. Rutgers, Tulane

Telecasts included in ESPN game plan

Special to the Frontline

WEST POINT, N.Y. — Fans across the country will be afforded the opportunity to view Army's games versus Rutgers and Tulane next month with the announcement that ESPN has included those broadcasts as part of its weekly GamePlan package.

The contests will be televised by ESPN Plus and syndicated nationally.

Kickoff times for both the Rutgers (Sept. 13) and Tulane (Sept. 20) games has been shifted to 3:30 p.m. in order to accommodate the ESPN broadcast window.

ESPN GamePlan is made available by local cable companies, as well as satellite providers DirecTV and DISH Network.

ESPN's pay-per-view entity affords fans the opportunity to view more than 100 college football games

throughout the fall, broadcasts that would otherwise not be available locally.

Fans can order a season package, to receive the additional broadcasts beginning on Aug. 30 through Nov. 29, for the price of \$99 through Aug. 29. After that time, the cost will rise to \$119. Fans can also sign up on a weekly basis at a rate of \$14.99 per day.

With last week's announced partnership between the Army Athletic Association and Regional News Network (RNN, Kingston, N.Y.), all six of Army's home games will be televised this fall — two by ESPN Plus and the other four by RNN. There remains a strong possibility that the final three RNN broadcasts — Sept. 27 versus South Florida, Oct. 18 versus East Carolina and Nov. 15 versus Houston — will be available through the ESPN

GamePlan package as well. Kickoff times for those contests will remain at 1 p.m., regardless of the GamePlan schedule.

After setting its GamePlan slate for the first month of the season, ESPN will announce the remainder of its pay-per-view schedule on a weekly basis in order to ensure the best possible matchups.

Army's season opener against Connecticut on Sept. 6 will be televised by RNN, but not included as part of the ESPN GamePlan package.

ESPN sportscaster Bob Steven will handle play-by-play duties, former East Carolina head coach Steve Logan will provide color analysis and RNN Sports director Kevin Connors will report from the sideline during Army's RNN telecasts.

Broadcast talent has not been determined by ESPN for Army's matchups with Rutgers and Tulane.

GAMES

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best was yet to come.

In the equestrian event, she scored 1,172 points with a magnificent ride aboard Carmia, who knocked just one rail to the ground.

"Pushing horses forward and feeling horses that are going to refuse (jumps) doesn't always come naturally to me; I haven't spent enough time in the saddle," admitted Allen, who has been riding, fencing, swimming and shooting competitively for just 25 months.

"I kept growling at him in between the jumps and yelling at him to keep going. I didn't feel comfortable taking my hand off the reins to give him a tap, so I just used voice aids to scare him into jumping. I held on with both hands the whole way, and I had a nice set of spurs that helped, too," she said.

Allen, who wore a black armband in Nott's honor much of the day, entered the final event 42 seconds behind leader Katia Rodriguez of Cuba for the staggered start of the 3,000-meter cross-country run, Allen's strongest event.

"I did still have my ace in the hole," said Allen, who was named MVP in cross-country and captain of her track team at West Point. "I am a strong runner."

Rodriguez, silver medallist Samantha Harvey of Brazil, bronze medallist Mary Beth Lagorashvili of Team USA and Pinette all started the run in front of Allen, who closed the 200-meter gap on the final loop around the outside of the equestrian center.

"When I got to the starting line, all I could think was 'Leif, help me out here. I'm thinking a lot of you, and this is for you. If I can do it, we'll do it together,'" Allen recalled with tears welling in her eyes. "And I really, really think — I'm one to believe people watch over you — we were going to do it together, and sure enough, we did. And it was the greatest feeling."



Tim Hipps

1st Lt. Anita Allen, the first member of the U.S. Army WCAP to qualify for the 2004 Summer Olympics, bounces back from an 0-6 start to finish 11th in fencing

Ask the dietitian

Capt. Cheryl Chmielewski
Special to The Frontline

Q *Since I joined the Army, my interest in bodybuilding has increased. Some day I would like to compete, but I don't want to damage my health in any way in the process. Can you explain body fat testing and percentage, and what is too low?*

A body fat analysis will determine percentage fat mass, as well as fat free mass, on a person's body. For instance, if a 150 pound man's body fat analysis reads 20 percent, this means 20% of his body weight (30 pounds) comes from fat and the other 80% (120 pounds) is comprised of fat free mass, which includes muscle, bones and organs.

Competitive body builders will have very low body fat percentage, which can sometimes lead to less than optimal results. The healthy body fat percentage for females range from 12-27%, while 3-23% is an acceptable range for males. When percentages fall below this range, a person's health can be put at risk.

Achieving appropriate body fat percentage is significant to overall well being. Balance is the key. Body fat stores are essential to provide insulation for vital organs, support the reproductive and central nervous system, and supply thermal energy when needed. If too little body fat is avail-

able, difficulty or failure to perform the above functions may exist. When body fat is too high, risk for diseases such as high blood pressure, heart disease, diabetes, and cancer increases. So strive for a healthy body fat percentage and listen to your body's cues-it generally will tell you what is healthy for you.

Q *My 15 yr old niece has recently lost a lot of weight and she seems to be always talking about how bad her body is and that she is too fat. Could she have an eating disorder?*

A You have a good reason for concern. Many girls of this age could be simply experiencing a large growth spurt, which could result in a more slender appearance. Also at this age, her self-image and body shape awareness emerges and she may experience a whole new array of feelings, to include dissatisfaction how she looks. Often, this age group is extremely critical of themselves; particularly those girls who compare themselves to the super models of today, and persistently strive for the look of the willowy elite. This practice can induce several unhealthy conditions, one commonly identified is an eating disorder.

Eating disorders were a mystery not too long ago, the public knew very little about it, or refused to validate its magnitude of threat to a person's life. However, interest in eating disorders is beginning to shift as more and more incidents, some fatal, occur.

Eating disorders can produce multiple health risks and emotional turmoil, ultimately capable of causing death to those who suffer from this condition. It is important to expand public knowledge and acknowledgement of eating disorders to treat the current victims and protect those likely to be victims.

Eating disorders usually develop between the ages of 12 and 25, of either gender. Documented cases are predominantly females possibly due to societal pressures regarding body image. Common signs an eating disorder may be present include:

- Preoccupation with weight, food and eating
- Obsessive and ridged dieting and exercise
- Abnormal feelings about weight, food and eating, such as guilt, fear, elation, and secrecy
- Highly critical of body image and appearance
- Distorted view of body image and appearance
- Extreme change or fluxuations in weight
- Low self-esteem, depression, emotional withdrawal

Recognizing the signs of an eating disorder is important because prevention is easier than recovery. You might be aware of someone with an eating disorder before he or she develops a serious condition. For more specific information, please consult any health care provider.

Editor's Note: *If you have a question you would like answered, email questions to **Cheryl.chmielewski@amedd.army.mil***

Broughton, defense shine in scrimmage

Junior tailback rushes 23 times for 117 yards

Mike Hayden
The Citadel

Junior tailback Nehemiah Broughton rushed 23 times for 117 yards and a touchdown, while The Citadel's defense forced six sacks and scored two touchdowns to highlight the Bulldogs' second scrimmage, Saturday morning in Johnson Hagood Stadium.

"We got a lot of work in today and everyone had some quality reps at their positions," Citadel Head Coach Ellis Johnson stated. "The scrimmage was physically

demanding because of the heat and the high level of contact we had today."

Overall, Johnson was impressed with his team that endured their longest practice of the year in 90-plus degree temperatures.

"We are still not a very good football team at this point, but things are looking up," Johnson added. "Execution on offense has not been good and our wide receiving corps is making a lot of mistakes with bad routes and missed assignments."

The Bulldogs' had only 14 receptions on the day and no touchdowns. The Citadel's running attack saw plenty of work, as they

carried the ball 80 times for four touchdowns.

"Our defense responded today and did a nice job considering the lack of depth we have because of injuries," Johnson continued. "It was nice to see T.J. (Rose), Julian (West) and Fred (Townsend) back on the field today after some injuries early."

The Bulldogs' defense at one point had outscored the offense by two touchdowns before the ground attack took over late. Freshman defensive lineman Deon Douglas con-

tinued to grab the coaching staff's attention with a pass deflection, a fumble recovery and a sack. Senior safety T.J. Rose returned an interception for 18-yards and Julian West and Michael Ballentine each collected two sacks. Freshmen David Smith and James Turner each had fumble recoveries for touchdowns.

Clemson transfer quarterback Willie Simmons saw limited action in only his second full practice. Redshirt sophomore Kenwood Lattimore posted the strongest numbers of the day from the quarterback position as he connected on four-of-nine passes for 96 yards.



DRINKING

& DRIVING

DON'T MIX